



FREE ESSENTIALS. WIDER STABILITY.

The Period Pantry

Free Period & Postpartum Supplies for
Women in Crisis

WWW.THEPERIODPANTRY.COM · PASADENA, MD

PARTNERSHIPS THAT PUT
DIGNITY WITHIN REACH



Who We Are

**Baltimore roots.
Nationwide reach.**

GRASSROOTS · COMMUNITY-LED

The Period Pantry tackles period poverty head-on by providing free menstrual products to people who need them.

Founded by a Baltimore native who saw this problem firsthand growing up in the city.

● COMMUNITY DISTRIBUTION

We distribute period supplies through domestic violence shelters, homeless shelters, addiction recovery centers, Baltimore Safe Haven, donation stations, and period pantries across 3 states.

● NATIONAL EMERGENCY SUPPORT

We ship H.O.P.E. kits to women in crisis in all 50 states.



The Problem We Address

1 in 4

STUDENTS IN MARYLAND STRUGGLE
WITH PERIOD POVERTY

NOT COVERED BY WIC OR SNAP

Menstrual products are not covered by WIC or SNAP — forcing low-income families to choose between food and basic hygiene.

WHO IT HURTS MOST

Period poverty affects unhoused women, domestic violence survivors, addiction recovery patients, and students missing school because they can't afford supplies.

Every day, thousands of women and students in our communities are forced to choose between dignity and survival. The Period Pantry exists to close that gap — no questions asked.



What We Provide

01

Period Products

Pads, tampons, liners, and menstrual cups distributed through our network of 19 free period pantries across 3 states.

02

H.O.P.E. Kits

24/7 emergency kits for women fleeing domestic violence — shipped to all 50 states.

03

Postpartum Recovery Kits

Free postpartum supplies including peri-bottles, postpartum underwear/recovery panties, nursing bras, hospital socks, and other essentials for new mothers in crisis.

04

Emergency Period Kits

For women facing economic hardship nationwide.



Dignity doesn't end when a baby is born.

“ Alongside period products, The Period Pantry provides free postpartum recovery supplies to women in crisis.

Every recovery kit is packed with essentials a new mother needs to heal.



Peri-bottles



Postpartum underwear / recovery
panties



Nursing bras



Hospital socks & other essentials

We accept and distribute Frida postpartum products for new moms in crisis — and welcome brand partners who share our commitment to mothers.



Who We Serve

The women we serve are often invisible — until a crisis puts them in our path.

New mothers fleeing domestic violence, experiencing homelessness, or in addiction recovery — women who often have zero access to postpartum care supplies at the moment they need them most.

These are the women society too often overlooks: healing from childbirth while simultaneously escaping danger, navigating recovery, or rebuilding from nothing. We meet them exactly where they are — with the essentials, the dignity, and the care they deserve.

DOMESTIC VIOLENCE SURVIVORS

UNHOUSED MOTHERS

RECOVERY PATIENTS



Our Impact

6,000+

WOMEN HELPED

10,000+

PRODUCTS DONATED

19

FREE PERIOD PANTRIES ACROSS 3 STATES

50

STATES REACHED THROUGH H.O.P.E. KITS

\$0

GOVERNMENT FUNDING —
COMMUNITY FUNDRAISING &
GRANTS ONLY

100,000

SIGNATURE GOAL — TAMPON TAX
REPEAL CAMPAIGN

Partnering with domestic violence shelters, homeless shelters, addiction recovery centers, and Baltimore Safe Haven — powered entirely by community fundraising and grants, with no government funding.

Dignity & Dollars

Pro bono, trauma-informed financial education for women and families in crisis.

Period poverty and financial instability are two sides of the same crisis. Through Dignity & Dollars, The Period Pantry pairs free period and hygiene products with pro bono, trauma-informed financial education — because immediate dignity supports long-term stability.

Budgeting that fits real life

Credit repair, gently

Savings that stick

Banking basics

Financial safety after abuse

PAIRED WITH FREE PRODUCTS

Because immediate dignity supports long-term stability.

**A pad today.
A steadier tomorrow.**



Where the coaching happens

LED BY LEANNE LISTMAN

FPQP®-credentialed founder of The Period Pantry

Dignity & Dollars sessions are delivered through shelters, recovery centers, community hubs, and partner sites — the same places our products already reach.

PRO BONO

Trauma-informed financial education for women and families in crisis

GROUNDING IN REAL LIFE

Covering budgeting, credit repair, savings, banking basics, and financial safety after abuse

DELIVERED WHERE PEOPLE ARE

Through shelters, recovery centers, community hubs, and partner sites

ALWAYS PAIRED

Free period and hygiene products meeting both the immediate need and the long-term path to stability

A woman should never have to choose between a pad and a financial plan.

That's why every Dignity & Dollars session is paired with free period and hygiene products — meeting both the immediate need and the long-term path to stability.

Mission and business, growing together

Grant applications for this pro bono work are submitted through The Period Pantry's 501(c)(3). The Money Honey Co. is the supporting earned-income practice that helps cross-subsidize the work — so every paid session helps fund free coaching for women in crisis.

THE PERIOD PANTRY

501(c)(3)

Pro bono Dignity & Dollars grants



THE MONEY HONEY CO.

Earned income

Coaching practice that cross-subsidizes the work

MISSION + BUSINESS, GROWING TOGETHER · GRANTS SUPPORT FREE EDUCATION · PAID SESSIONS HELP FUND FREE COACHING



Why Partner With Us

1

50-STATE REACH

H.O.P.E. kits ship to women in crisis in all 50 states — giving your brand national visibility and impact.

2

LEAN & EFFICIENT

100% community-funded means your support goes straight to products and people, not bureaucracy.

3

GRASSROOTS AUTHENTICITY

Founded by a Baltimore native who lived this mission. Partners align with a genuine, community-trusted story.

4

6,000+ WOMEN HELPED

A track record, not a promise.

5

DIVERSE DISTRIBUTION

Products move through shelters, recovery centers, period pantries, and direct nationwide shipping.

Your brand, on the shelf of dignity.

Stand beside the people we serve — and help us close the dignity gap for good.



Let's Partner Up

Support Dignity & Dollars financial education for women and families in crisis through grant sponsorship or joint programming.

IN-KIND DONATIONS

Product donations — period products, postpartum supplies, toiletries — placed directly into the hands of people in crisis.

FINANCIAL SPONSORSHIPS

Funding that powers distribution, nationwide H.O.P.E. kit shipping, and day-to-day hub operations in Pasadena, MD.

JOINT PROGRAMS

Co-branded campaigns, cause marketing, and sustained initiatives that advance the mission — and your brand — together.

LEANNE LISTMAN — FOUNDER & EXECUTIVE DIRECTOR

Email: leanne@theperiodpantry.com
Phone: 410-693-7816
Web: www.theperiodpantry.com

Hub
4100B Mountain Rd, Pasadena, MD
Nationwide Shipping

Ready to make an impact? Let's build a partnership that lasts.